

**MSU Extension Health Programs available in Berrien, Branch, Calhoun, Cass,  
Kalamazoo, St. Joseph & VanBuren**  
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**Chronic Pain PATH (Personal Action Towards Health):** a six-week evidence based program for people living with chronic pain. Participants learn tools to better self-manage symptoms and side effects as they face the daily challenges of living with a chronic condition like arthritis, back pain, fibromyalgia or other pain conditions.

**Matter of Balance:** is an eight-week evidence-based program that includes discussion and low impact strength and balance exercises. Participants gain the tools needed to reduce fear of falling and be more active. This includes sharing strategies within the group, setting realistic goals to increase activity, strength and balance.

**Powerful Tools for Caregivers Series:** Six lesson series taught one time a week for six weeks. Each lesson is 2.5 hours. Lessons include: Taking Care of Yourself, Identifying and Reducing Personal Stress, Communicating Feelings, Needs and Concerns, Communicating in Challenging Situations, Learning from Difficult Emotions, Making Caregiving Decisions. Primary Audience – informal caregivers of aging adults or adults with dementia.

**Powerful Tools for Caregivers of Special Needs Children:** Six lesson series taught one time a week for six weeks. Each lesson is 2 hours. Lessons include: Taking Care of Yourself, Identifying and Reducing Personal Stress, Communicating Feelings, Needs and Concerns, Communicating in Challenging Situations, Learning from Difficult Emotions, Making Caregiving Decisions. Primary Audience – parents and informal caregivers of children with challenging behaviors and emotions.

**RELAX: Alternatives to Anger Series:** Four Lessons, taught in small to large group, one time per week for four weeks. Each lesson is 1.5 hours. Topics include recognizing anger signals, ways to calm down, problem solving through conflict and forgiving and letting go of the past. Audience – any adult.

**Stress Less with Mindfulness Series or One Time Workshops:** Five lessons from West Virginia Extension, taught in small to large groups. Can be taught in a series or as one time presentations at community events or as work site wellness lunch and learns. Each lesson is 1 - 1.5 hours. Lesson titles: Introduction to Mindfulness, Mindful Eating, Mindful Walking and Thought Surfing, Be Kind to Your Mind and Laughter is Good Medicine. Audience – any adult.

**WISE Wellness Initiative for Senior Education:** six week program for adults 60 and over. Learn about the aging process and how to make healthy lifestyle choices. WISE provides older adults with the information and resources they need to maintain a healthy lifestyle and become empowered in regard to both their health and the health care they receive.

Class series and workshops provided in a variety of community locations. Some fees may apply.